

Meditation

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Disclaimer

None of the claims I make are guaranteed and the effects will vary from person to person.

Overview

Meditation is a technique that may be defined as being in a state of non-judgemental awareness of the present moment. Meditation is a technique that when learnt becomes a skill to train ones mind.

Benefits – Physical

Immune function

pain

hypertension

brain structure

inflammation

Benefits – Psychological

Cognition

memory

creativity

stress

anxiety

depression

Benefits – Social

Empathy

introspection

compassion

emotion regulation

Benefits – Productivity

Improved focus
attention to details
ability to multi-task

Myths

Religious practice/ritual.

One has to sit still for hours to have any benefits.

It is a breathing exercises.

How to Meditate – Overview

Two parts:

Technique

Practice

How to Meditate – Technique

step 1. Sit comfortably with a straight back

step 2. Observe with attention the breathing – incoming and outgoing

step 3. Gently bring attention back to breath if/when you lose it

How to Meditate – Remarks

Mind will wander – it is normal

With practice focus will improve

Bottomline

Similar to swimming, one has to experience meditation to realize its nature and benefits

Thank You! Questions?

Acknowledgment :